

# Did You Know?

Notes on

**ARTHRITIS**  
[www.health.utah.gov/arthritis](http://www.health.utah.gov/arthritis) • 801-538-9458

In this fact sheet arthritis is defined as doctor-diagnosed arthritis, and refers to adults aged 18 years and older who answered "yes" to the BRFSS question "Have you ever been told by a doctor or other health care professional that you have some form of arthritis, rheumatoid arthritis, gout, lupus or fibromyalgia?"

## Arthritis among Utah Adults

- In 2007, 21.8 percent of Utah adults 18 and older (407,000) reported arthritis

## Age and Gender

- 178,000 men (19.2%) and 229,000 women (24.4%) reported arthritis in 2007
- 8.7% of adults aged 18-44 reported arthritis
- 34.8% of adults aged 45-64 reported arthritis
- 56.1% of adults aged 65 and older reported arthritis

## Ethnicity

- 23.4% of non-Hispanic White adults reported arthritis
- 8.9% of Hispanic adults reported arthritis
- 22.5% of non-White/non-Hispanic adults reported arthritis

## Education

- 17.3% of adults with less than a high school education reported arthritis
- 23.2% of adults with a high school education reported arthritis
- 22.5% of adults with some post high school education reported arthritis
- 21.0% of adults who were college graduates reported arthritis

## Income

- 27.3% of adults earning less than \$20,000 reported arthritis
- 24.9% of adults earning between \$20,000 and \$49,000 reported arthritis
- 19.3% of adults earning \$50,000 or more reported arthritis

## Physical Activity, Body Weight and Health Status among adults who reported arthritis:

- 27.9% report no leisure time physical activity
- 15.8% are ideal weight
- 21.7% are overweight
- 34.5% are obese
- 49.5% reported fair or poor health
- 42.6% reported 7 or more days of poor health in the past 30 days
- 25.5% reported 7 or more days of poor mental health in the past 30 days

## Arthritis and Co-existing Conditions

- 39.3% of adults who reported doctor-diagnosed asthma also had arthritis
- 50.5% of adults who reported diabetes also had arthritis
- 38.6% of adults who had been told they had high cholesterol also had arthritis
- 45.9% of adults who had been told they had high blood pressure also had arthritis

Source: 2007 Utah Behavioral Risk Factor Surveillance Survey (BRFSS)